

Five Rules to Know

ROAD EVENTS



Course Adherence

Athletes must follow the designated course. Taking shortcuts or leaving the marked route will result in disqualification.

Time Limits

Many road events have time limits within which participants must complete the course. Athletes failing to meet these limits may be removed from the race.

Technique Rules in Race Walking

In the 20km race walk, athletes must maintain continuous contact with the ground, and the leading leg must remain straight until the vertical position is reached. Violations are monitored by judges, and three warnings lead to disqualification.

Aid Stations

Refreshments are only allowed at designated aid stations. Receiving food or drinks outside these zones may result in disqualification.

Team Ranking

In team rankings, the total time or placement of the top athletes from each team (depending on the rules) determines the score. Athletes must finish the race for their performance to count towards the team result.